

# AVON SENIOR CENTER

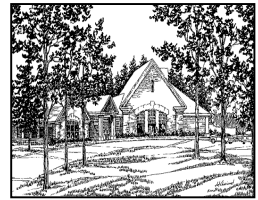


635 WEST AVON ROAD  
AVON, CONNECTICUT 06001

860.675.4355

9:00 a.m. – 4:00 p.m. Monday – Friday

*Jennifer Bennett, MSW Avon Senior Center Coordinator*  
*Darlene Tate, Administrative Secretary*



## FEBRUARY 2015

See our newsletter online at: <http://www.avonct.gov>

### Senior Center Coordinator Message

Happy February!! I hope this newsletter finds you safe, warm and surviving the winter. There has been a lot of ice outside, so please be careful when you are walking! You can always come in during senior center hours for warmth and programs. We have plenty to keep you busy.

Please see some of our trips on this page. If you have any questions, please feel free to ask. We have an even bigger listing of trips at the senior center, so stop by and check out our Trip Board. Or you can go online and see them too!

As we move into the second month of the New Year, I wanted to remind you that the Avon Senior Center is open and welcoming to all. We encourage and appreciate diversity in our members. We do not charge membership dues to join, but we do ask that you fill out an Emergency Contact/Registration Form. This information is locked up and kept confidential. You will see this form in future newsletters. Please complete it and return it to the senior center. We are updating our records and would appreciate current information on all of our members please.

Thank you again for coming to the senior center and participating in our programs. We appreciate it. I know sometimes it gets busy in here and people are looking for space to gather. Please let us help you and we'll find a spot for you. We enjoy having people here and people are always willing to share!

Remember, February is "Heart Health Month" and "Valentine's Day!" Let's take good care of ourselves and keep spreading friendship and kindness!

*Respectfully, Jennifer Bennett, MSW*

### TRIPS

#### Rhode Island Flower & Garden Show in Providence

Sunday, February 22, 2015 Cost Per Person \$74  
Tour Highlights- Admission to Flower & Garden Show, Exclusive Behind the Scenes Tour, Visit Federal Hill

#### ATLANTIC CITY March 15-17, 2015

Tour Highlights- Baggage, Tax & Service, Tour Director. 2-nights at Resorts Casino Hotel, Casino Bonus Package: \$25 Slots & 2-Buffer Coupons (pending confirmation). Cost Per Person \$224 Double, \$294 Single, \$214 Triple/Quad

#### Hidden Gardens of Beacon Hill Thurs., May 21, 2015

Tour Highlights- Admission to Gardens of Beacon Hill. Self-guided tour begins at Charles & Mt. Vernon streets at Charles & Chestnut streets. Individual maps provided & flags mark tour gardens. Leisure time for dinner and shopping at Quincy Market. **Cost Per Person \$104**

For Information & Reservations  
Avon Senior Center 860-675-4355

*Travel arrangements by Silver Mill Tours.* Pick up & drop off point is New Britain Commuter Lot- the lot opposite Target on Route 71 south of West Farms Mall.

## Thank You for your donation!!

#### Thank You Farmington Valley Morning Business Network!!

The Avon Senior Center received a \$100.00 donation from the Farmington Valley Morning Business Network that meets Tuesdays here at the senior center. We thank them for their generous donation which we will use toward programming. This is the second year in a row that they have donated to us. We appreciate their kindness and express gratitude for their big-hearted gift. What a way to start the New Year!!

**FEBRUARY EVENTS 2015**

*Jennifer Bennett, MSW Avon Senior Center Coordinator  
Darlene Tate, Administrative Secretary  
860-675-4355*

**Monday, February 2, 2015****“Foot Care”**

Dr. Lindsay will be at the Avon Senior Center on the 1<sup>st</sup> Monday of every month from 9:00 am-12:00 pm for: Assessment of feet (skin, nails, etc.), Toenail clipping, Callus removal, Provide Resources & Answer Questions. The cost is \$40.00. CALL 860.677.7272 TO MAKE AN APPOINTMENT.

**Monday, February 2, 2015 at 2:30 p.m.****“Technology Learning”**

Alec, an Avon High School student will be here for Technology Learning. You can ask questions about the ipad, the computer, tablets, iphones and any technology you want to know about. Please call the senior center at 860-675-4355 to sign up.

**Tuesday, February 3, 2015 from 11:30-1:30****“Free Blood Pressure Screening”**

Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked. If you any have questions, please feel free to call the senior center at 860-675-4355.

**Tuesday, February 3, 2015 at 12:45 p.m. “Story of My Life”**

Please join Nicole, UCONN Graduate MSW student as she runs this group. Let's get ready to Tell Our Story!! This is a great time to talk about the past; the way things used to be and fun memories and times you had growing up. This group is going to be a time for you to reminisce and share with each other. Please call the senior center at 860-675-4355 to sign up.

**Wednesday, February 4, 2015 at 10:00 a.m. “Shuffleboard”**

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

**Thursday, February 5, 2015 at 11 a.m. “Current Events”**

Join Intern Nicole in this group on Current Events, Ideas and Topics. This is a new group and is open to anyone. What a great way to get to know one another and share. Please call the senior center at 860-675-4355 to sign up.

**Tuesday, February 10, 2015 at 12:45 p.m. “Story of My Life”**

Please join Nicole, UCONN Graduate MSW student as she runs this group. Let's get ready to Tell Our Story!! This is a great time to talk about the past; the way things used to be and fun memories and times you had growing up. This group is going to be a time for you to reminisce and share with each other. Please call the senior center at 860-675-4355 to sign up.

**Wednesday, February 11, 2015 at 10:00 a.m. “Shuffleboard”**

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

**Wednesday, February 11, 2015 at 12:00 “Lunch & Learn”**

Please join us for a Lunch & Learn sponsored by the Governor's House in Simsbury. Dr. Mahnensmith, their Medical Director will talk about “Heart Health 101” & we will enjoy a light lunch. February is Heart Health Month & you do not want to miss this talk with the doctor! Please call the senior center at 860-675-4355 to sign up.

**Thursday, February 12, 2015 at 11 a.m. “Current Events”**

Join Intern Nicole in this group on Current Events, Ideas and Topics. This is a new group and is open to anyone. What a great way to get to know one another and share. Please call the senior center at 860-675-4355 to sign up.

**Friday, February 13, 2015 at 11:00 a.m. in Canton****“Love Your Neighbor Day”**

Come celebrate good fortune & good neighbors with friends at the Canton Community Center. The Canton Community Nursery School will visit with Valentines and a delicious meal will be served. Please pay \$3.00 when registering by Friday, February 6<sup>th</sup>. This event is a collaboration between the Avon Senior Center & the Canton Senior Center. Older & disabled persons from ALL towns are welcome. Please call the senior center at 860-675-4355 to sign up.

**Monday, February 16, 2015****CLOSED FOR PRESIDENT'S DAY****Tuesday, February 17, 2015 at 12:45 p.m. “Story of My Life”**

Please join Nicole, UCONN Graduate MSW student as she runs this group. Let's get ready to Tell Our Story!! This is a great time to talk about the past; the way things used to be and fun memories and times you had growing up. This group is going to be a time for you to reminisce and share with each other. Please call the senior center at 860-675-4355 to sign up.

**Wednesday, February 18, 2015 at 10:00 a.m. Shuffleboard”**

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

**Thursday, February 19, 2015 at 11 a.m. “Current Events”**

Join Intern Nicole in this group on Current Events, Ideas and Topics. This is a new group and is open to anyone. What a great way to get to know one another and share. Please call the senior center at 860-675-4355 to sign up.

**Tuesday, February 24, 2015 DRESS DOWN DAY!!!!**

Let's celebrate winter!!! Please join us at the Avon Senior Center for our Dress Down Day. Please wear a t-shirt with your favorite sports team, favorite college, favorite color, seasonal t-shirt or favorite saying (within reason) and show your spirit!!!!

**Tuesday, February 24, 2015 at 12:45 p.m. “Story of My Life”**

Please join Nicole, UCONN Graduate MSW student as she runs this group. This is a great time to talk about the past; the way things used to be and fun memories and times you had growing up. This group is going to be a time for you to reminisce and share with each other. Please call the senior center at 860-675-4355 to sign up.

**Wednesday, February 25, 2015 at 10:00 a.m. "Shuffleboard"**

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

**Wednesday, February 25, 2015 at 12:00 p.m.****"Lunch & Learn"**

"Do You *Really* Understand What Your Retirement Living Options Are?" Without a doubt, everyone wants to remain independent – and most of us want to stay in our homes. But what happens if your health changes and you're faced with difficult choices? Can I stay in my home, do I have to move? Can I bring someone in to help me? Can I afford a retirement community? How will I pay for it? Does Medicare help? Knowing what your options are *in advance* helps you from having to react quickly in a crisis situation. Join us for lunch and a discussion on what options are available to you as you age. Sponsored by The Residence at Brookside and Avon town resident Anne Boychuk. Please call the senior center at 860-675-4355 to sign up.

**Thursday, February 26, 2015 at 11 a.m. "Current Events"**

Join Intern Nicole in this group on Current Events, Ideas and Topics. This is a new group and is open to anyone. What a great way to get to know one another and share. Please call the senior center at 860-675-4355 to sign up.

**Thursday, February 26, 2015 at 2:30 p.m.****"Caregiver Support Group"**

The Farmington Valley VNA is sponsoring a support group for adults who are caregivers. The group is open to all adults who are caring for a loved one. Caring for another can be emotionally and physically exhausting. This is an opportunity to rejuvenate yourself by talking with others who truly understand. We can all learn from each other. Come and be surrounded by others who care and are in search of support. This group will be facilitated by the Farmington Valley VNA Social Worker, Laura Perednia, LCSW. Any questions, please feel free to contact Jennifer Bennett, Avon Senior Center Coordinator at 860-675-4355 or the FV VNA at 860-651-3539.

**Upcoming Movie Matinees at the Avon Public Library****TOP MUSICALS OF ALL TIMES****THURSDAYS at 1:30 in THE COMMUNITY ROOM**

**FEBRUARY 05** - Singing in the Rain - (103min)

**FEBRUARY 12** - Meet me in St. Louis - (113min)

**FEBRUARY 19** - My Fair Lady - (170min)

**FEBRUARY 26** - An American in Paris - (113min)

**AVON FREE PUBLIC LIBRARY IN PARTNERSHIP WITH THE AVON SENIOR CENTER**

281 Country Club Road  
Avon, CT 06001  
Tel: 860-673-9712

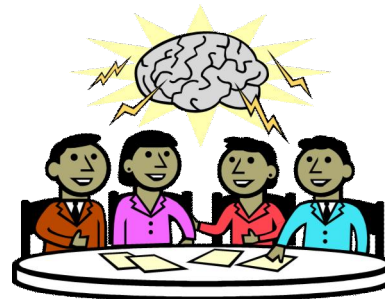
# Birthdays

**February**

Suzanne Searles	11th
Marie Evans	13th
Darla Fox	13th
Pat Carey	15th
Carol DiGrazia	24th
Roger Schultz	26th



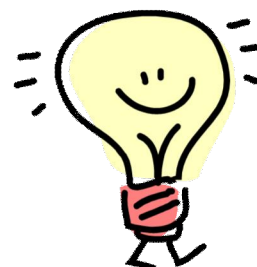
# Thinking Thursdays



Join intern Nicole for brain teasing fun!

Complete the Puzzle  
Answer the Riddle  
& Think outside the box!!

Every Thursday during lunch



### 2015 Fall & Winter/Spring Classes (see dates & locations below)

#### Tai Chi for Seniors—Fall Session II

Date(s) of Class: January 14, 21, 28, February 4, 11, 18

Day, Time & Location: Wednesdays - 2:30 pm to 3:30 pm

**Avon Senior Center**

#### Zumba Gold Fall Session II

Date(s) of Class: December 3, 10, 17, January 7, 14, 21, 28, February 4, 11

Day, Time & Location: Wednesdays - 6:00 pm to 7:00 pm

**Countryside Park**

Zumba Gold Fall Session II: December 1, 8, 15, 22, January 5, 12, 26, February 2, 9

Day, Time & Location: Mondays - 3:30 pm to 4:30 pm

**Avon Senior Center**

#### Drawing Winter Spring Session I

Date(s) of Class: January 21, 28, February 4, 11, 18, 25

Day, Time & Location: Wednesdays, 10:00 am - 12:00 pm

**Avon Senior Center**

#### TAZ Low Impact Aerobics (Formerly Young at Heart)

Date(s) of Class: 1/12/2015 —3/27/2015

Day(s), Time & Location: MWF, 9:25 am—10:25 am

**Valley Community Baptist Church**

#### Mid-Tempo Fall Session II

Date(s) of Class: 12/8/2014 - 2/27/2015

Day(s), Time & Location: MWF, 8:30 am—9:30 am



**Avon Senior Center**

For more information about registering, classes, and setting up your account please visit:

<http://www.avonct.gov/recreation-and-park-department>

### CRT Lunch at the Avon Senior Center

Come and enjoy lunch at the Avon Senior Center on Tuesdays and Thursdays. CRT (Community Renewal Team) sponsors a lunch program at the Avon Senior Center where you receive a hot, nutritious and health conscious meal. They offer a printed menu each month and reservations are required by calling the senior center the day before by 12:00 noon. To make a reservation for lunch, please call the Avon Senior Center at 860-675-4355. The cost is a suggested \$2.50 donation for persons 60 years of age and over and a mandatory \$5.00 if you are 59 years of age and under. The lunch program is open to all seniors in the Town of Avon as well as surrounding towns. Come and join us and make some new friends. See **February's** menu below:

TUESDAY		THURSDAY	
3	Pier-17 Fish Mashed Potatoes Broccoli Normandy 100% Whole Wheat Bread Tropical Fruit	5	Baked Ham w/Pineapple Mar- aschino Cherry Sauce Cut-Up Sweet Potatoes Spinach Wheat Dinner Roll Applesauce
10	Lemon Lentil Soup Stuffed Cabbage w/Extra Tomato Sauce White & Brown Rice Prince Edward Blend Vege- tables Pumpnickel Bread Lemon Pudding Tart w/ Whipped Topping	12	<b>CRT VALENTINE'S DAY</b>  Hearty Vegetable Soup Pot Roast w/Gravy Oven Roasted Potatoes Sliced Carrots Dinner Roll Special Dessert
17	Veal Patty w/Onion Gravy Parslied Noodles Capri Blend Vegetables 12-Grain Bread Fresh Fruit	19	Country Vegetable Soup Roast Pork Loin w/Gravy Sweet Potatoes & Apples Oriental Vegetables Oatnut Bread Homemade Cookie
24	Cream of Vegetable Soup Mini Cheese Burger On Bun Onion Rings (Whole Grain Batter) Mixed Vegetables Ketchup/Mustard/Relish Fresh Fruit	26	Macaroni & Cheese Stewed Tomatoes & Zucchini Spinach Salad w/Tomatoes Italian Dressing Club Roll Tropical Fruit
			



# SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001

860.675.4355

Mondays



**President - Arthur Atwood**

• **Vice President, • Financial Secretary & Cheer- Marie Evans**

• **Treasurer - Barbara Schicker, • Hospitality - Jean Pelletier**

• **Secretary - Marian Hurlbut • Newsletter Correspondent - Katie Ruez**

• **Programs – Helen M. Toth**

## Senior Organization President's Message

My message this month will be called "The State of the Union." In other words what is going on at the Senior Citizens of Avon Organization. This is a private Organization that you pay membership dues to join and we would like to meet new members.

Our organization is basically in good hands as the same people have been officers for many years. We vote them in year after year. No one wants to be an officer or a volunteer. This a strange situation and I wonder how long this can continue. At our last board meeting we asked you to bring a friend to the next big event. I beg you to consider doing this: We need new members!!!

Our club is a unique one. We elect our own officers, we cook and serve lunches at a reasonable price, we schedule wonderful entertainment. Everyone seems to be happy because all they have to do is show up and be counted. We have a slight problem in collecting dues. We must have dues paid on time. Our dues are only ten dollars a year. That doesn't help our problem as most people are slow in paying their dues. Dues are due in January, not April or May!!!

We need money to buy paper supplies, money to buy food, money for our insurance policy, money to pay our entertainers, who are asking a lot more money year after year. More money goes out than comes in. We are all at an age when we cannot participate in events that bring in funds. We are thankful that our age we can still drive and get to the Senior Center!

That is why we need new younger members to continue what we have done so successfully since 1970. Can you help us by recruiting new members? I cannot be your President until the end of time.. I've been doing this for the past twelve years. Changes can be good with new people with fresh new ideas. I know we can do this!

Lastly I would like to thank our devoted officers, our kitchen help, Jean, Barbara, Katie and others who help. A special thank you to Jim!!!

Happy Valentines Day,  
Arthur

## February 2015 – Program Schedule

### Everyone is Welcome – Reservations Recommended

**February 2nd 10:30 – Board Meeting**  
**Noon – Pizza & salad, Dessert**  
**Bingo**

**February 9<sup>th</sup> Noon – Valentine's Day /**  
**Presidents' Day Pot Luck**  
**Luncheon & Birthday Cake**

Entertainment: Valentine's / Presidents' Day celebration with Chip Ames who will entertain us on Keyboard with a variety of Valentine and Patriotic tunes. Audience is welcome to join in with song and share in this fun event.

**February 16<sup>th</sup> Presidents' Day Holiday**  
**Senior Center is Closed**

**February 23<sup>rd</sup> Noon – Soup and Sandwiches**  
**Chips & Dessert**

Guest Speaker: The Honorable John Caruso of Avon retired Supreme Court Judge will be here to tell the story about his brother who was killed during the Korean War while saving the life of a Chaplain.

### **Scholarship update:**

**The Marilyn Gadzik Memorial Scholarship will be presented in June 2015. The Scholarship is offered to senior students attending Avon High School who are planning a teaching career and graduating in the Spring of 2015. Letters were sent out in December to all active Senior Organization members. For more information and application please contact Katie Ruez at 860-673-9883. Applications should be submitted by February 25, 2015.**

### **Coming up in March:**

Anne Boychuk, Sales & Marketing Director for the Residence at Brookside will provide a complimentary Luncheon.

St. Patrick's Day Pot Luck Luncheon. Helen Flanagan Dancers...comprised of 16 dancers who will be here to entertain us.

# FEBRUARY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Mid Tempo Cardio Class <span style="border: 1px solid black; padding: 2px;">2</span> 9:00 Foot Care 10:30 Senior Organization Board Meeting 12:00 Senior Organization Lunch 12:30 Mah Jongg 2:30 Technology Learning 3:30 Zumba- ASC	9:00 Billiards <span style="border: 1px solid black; padding: 2px;">3</span> 10:00 Wii Bowling 11:00 FV VNA Blood Pressure 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:45 Story of My Life 1:30 Scrabble	8:30 Mid Tempo <span style="border: 1px solid black; padding: 2px;">4</span> 10:00 Shuffleboard 1:00 Billiards 1:00 Setback 2:30 Tai Chi 6:00 Zumba- CSP	9:00 Billiards <span style="border: 1px solid black; padding: 2px;">5</span> 10:00 Wii Bowling 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Movies at Library	<span style="border: 1px solid black; padding: 2px;">6</span> 8:30 Mid Tempo 10:00 Ping Pong 1:00 Setback
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<span style="border: 1px solid black; padding: 2px;">16</span> <b>CLOSED FOR PRESIDENT'S DAY</b>	9:00 Billiards <span style="border: 1px solid black; padding: 2px;">17</span> 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:45 Story of My Life 1:30 Scrabble	8:30 Mid Tempo <span style="border: 1px solid black; padding: 2px;">18</span> 10:00 Shuffleboard 1:00 Billiards 1:00 Setback 2:30 Tai Chi 6:00 Zumba- CSP	9:00 Billiards <span style="border: 1px solid black; padding: 2px;">19</span> 10:00 Wii Bowling 11:00 Current Events 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Movies at Library	<span style="border: 1px solid black; padding: 2px;">20</span> 8:30 Mid Tempo 10:00 Ping Pong 1:00 Setback
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## RESERVED FOR SPONSORS

# *Avon Senior Center*



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AVON, CONNECTICUT 06001

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